



Girls Tennis Camp ...Jr. High and High School...

Tuesday, May 29th - Friday, June 1st

LOCATION:

Earl Bell Community Center

TIMES:

9:00am - 12:00pm

COST:

\$120 per player

DETAILS:

In addition to professional coaching, NEA Tennis will provide each player a t-shirt, water, and healthy snacks on the court each day.

Daily camp activities will include:

- ⦿ **Dynamic warm up**
- ⦿ **Footwork drills**
- ⦿ **Ground stroke production skills**
- ⦿ **Volley drills**
- ⦿ **Serve drills**
- ⦿ **Match play drills**
- ⦿ **Cardio tennis**
- ⦿ **Competitive games**
- ⦿ **Cool down**



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